

Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



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Air Power

Quote of the Week

"The desire to fly is an idea handed down to us by our ancestors who looked enviously on the birds soaring through space on the highway of air.

—Wilbur Wright

Base security forces members compete at Defender Challenge

Compiled from staff reports

Storm clouds and torrential downpours couldn't keep 47th Security Forces Squadron members from representing Laughlin well at the 2001 Air Education and Training Command Defender Challenge competition held at Camp Bullis in San Antonio.

From Aug. 26-31, Senior Airman Rodney Kizza and Airmen 1st Class Miguel Acevedo, Ronnie Garcia and Robert Perez, demonstrated their combat readiness, physical fitness and leadership at the annual security forces competition.

"The team spirits were high, and each competitor put forth 100 percent," said Tech. Sgt. Jonathan Wallace, the team captain and coach. "The competition was challenging

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Photo by Robbin Cresswell

Senior Airman Rodney Kizza, 47th Security Forces Squadron shift sergeant, competes in the combat pistol event at the Air Education and Training Command Defender Challenge competition Aug. 29 at Camp Bullis in San Antonio. The combat pistol event was one of four events to test the endurance, combat leadership and security forces skills of AETC security forces members.

Defense agency hopes to test anthrax variant

By Sgt. 1st Class Kathleen T. Rhem

American Forces Press Service

WASHINGTON – The Defense Intelligence Agency hopes to grow a Russian-engineered variant of anthrax to test the effectiveness of the vaccine given to U.S. troops.

"We have a vaccine that works against all of the known anthrax strains," said Victoria Clarke, Pentagon spokeswoman. "We want to make sure we're prepared for any surprises."

A medical journal reported that

Russia may have developed a modified anthrax strain. Concerned DIA officials requested a sample from Russia but haven't received one.

"Earlier this year, the DIA started to look into what it would take to get the legal approvals, to get the interagency coordination, to do the congressional briefings, to look into developing that strain so they could test vaccines and could see what we have to do to make sure we're protected against it," Clarke said.

She stressed no scientific work has been done so far in developing this strain and that the proposed

work, codenamed Project Jefferson, would be in compliance with the 1972 Biological Weapons Convention.

"We take the threat of the spread of biological and chemical warfare very, very seriously," she said. "We have an obligation – and it's an important obligation – to make sure we protect, first and foremost, the men and women in uniform against those threats. So with all the appropriate legal reviews, with all the appropriate interagency coordination and congressional briefings, we plan to proceed."

(Courtesy of Defense Link)



Commanders' Corner

Col. Rick Rosborg

47th Flying Training Wing commander

Great things ahead for Team XL

I can't tell you how thrilled I am to be part of such a proven organization, the 47th Flying Training Wing. My family and I have been met with more enthusiasm and exuberance than we could have imagined, and we're downright excited about being members of Team XL.

I was given my first opportunity to speak to most of you at Commander's Call Wednesday. At the very least, I hope you learned something about me. I hope you learned that I am passionate about this job and that I intend on approaching everything I do with as much gusto as I can muster.

As wing commander, my job is straightforward: to lead, coach, mentor

and get resources. I promise not to let you down; in return, I ask for your help in the areas most important to me.

Retention. From the most senior officer to the most junior airman, we are all retainers. We can get rid of the much-talked-about recruiting problem if we simply retain everyone we recruit. Supervisors, when you have someone coming up for re-enlistment, make a special effort to reach out and explain to that person why the Air Force needs her – and why the 47th FTW needs her.

Drug use. Don't even think about it. If you use drugs, you will get caught and you will pay the consequences. It's that simple.

Supervisory involvement. I can't

stress the importance of staying involved in your people's lives. This is important not only for retention, but because involved supervisors are in the best position to help avert any professional or personal problems their people may have – our Air Force is too small and each person is too valuable for supervisors to do otherwise.

Again, my family and I are ecstatic to be here, and we want to thank everyone for welcoming us with open arms. We look forward to a successful future with Team XL. I truly believe that with enthusiasm and commitment, all things are possible – and from what I've seen at Team XL, that means great things are ahead.

Top Three Talk



By Master Sgt. Tom Soderstrom

47th Operations Support Squadron standards and evaluations chief

Sense of pride best reason to stay

I grew up in a small town in southern Illinois. I have been married to my high school sweetheart for 22 years, and our greatest joy and sense of fulfillment comes from our two children, ages 6 and 12.

I joined the Air Force after two years of college. The reason I enlisted was to give my life some direction, learn a skill, finish college and grow up.

I did not plan to re-enlist, but as decision time approached, I found the civilian job market very tight. Most places were not taking applications, and those that were would have started me almost at minimum wage.

After giving the situation some serious thought, I decided to stay in because I liked where I worked and what I did for a living. It just did not

make sense to me to quit a good job for no reason.

The longer I stayed in the Air Force, the more I was able to clearly identify what made me stay: pride. Pride that stems from belonging to a topnotch, world-class organization. Pride in your country and having the chance to stand up and be counted. The pride you feel whenever someone asks what you do for a living, and you say, "I'm in the Air Force." The pride you feel when people know you belong to an organization that has a tough job and does it better than anyone else on the planet.

I continue to belong to the Air Force because I do not believe I can find the same sense of pride and belonging in a civilian organization.

I have been in the Air Force almost 23 years now, and I've learned that honesty and hard work win every time.

If you don't know or forgot something, admit it and move on. Work hard every day; it doesn't matter what the other guy does. It does not matter if so and so leaves early every day. Work hard for yourself, to satisfy your own work ethic, and people will notice.

If you are honest and always work hard, you will always be wanted on the team.

Over the years, I've seen countless folks leave the service. If you must leave, go with the pride of knowing you did your best. That feeling of accomplishment will stay with you in all you do in life.

Border Eagle



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Staff writer

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Submissions can be e-mailed to:
bradley.pettit@laughlin.af.mil
reginal.woodruff@laughlin.af.mil

"Excellence – not our goal, but our standard."

– 47th FTW motto

Infocon Alpha

Laughlin is currently in Infocon Alpha, which means there is an increased risk of attack on information systems. People working with these systems should stay alert.

Dedication, sacrifice make Air Force great

By Gen. Michael Ryan
Former Air Force chief of staff

From my perch, at the end of my final tour, I see promising skies ahead for our Air Force – and it's because of you and your efforts.

Despite tight budgets, you've arrested a stubborn four-year readiness decline. You've made our transition to an Expeditionary Aerospace Force work, enhancing stability in the lives of Air Force members everywhere.

Your direct feedback helped win congressional support for many of our retention initiatives and the reestablishment of a full-benefit retirement system. Your voices have been heard and answered with across-the-board pay raises and targeted bonuses. You have made the personal choices to continue serving our nation, ensuring we're ready to protect America's interests around the world.

Your choices, your efforts, your dedication, your sacrifices continue to build the greatest aerospace power this world has ever known. My family and I have been proud to serve with you.

As Gen. John Jumper assumes the office, he brings the deepest commitment to continued improvements in capability and quality of life for all our people. Together, he and Secretary of the Air Force, Dr.



Photo by Tom Reynolds

Gen. Michael E. Ryan, former Air Force chief of staff, sits in an F-16 Fighting Falcon from the 416th Flight Test Squadron at Edwards Air Force Base, Calif., in January 2000. Ryan retired Thursday.

James Roche, will provide superb leadership for America's Air Force in the years ahead.

Thank you for your selfless service – it's the reason no one comes close!

(Courtesy of Air Force Print News)

Jumper inherits quality force

By Dr. James Roche
Secretary of the Air Force

WASHINGTON— The Air Force bade farewell Thursday to a friend, an exceptional leader and a champion of Air Force standards and quality of life. We also hailed on this day a new chief of staff, selected by President Bush and confirmed by the United States Senate, to preside over the total Air Force team as our highest uniformed leader.

Gen. Michael E. Ryan dedicated more than 36 years of his life to our Air Force – he sacrificed much and succeeded at all he did along the way.

Our grateful nation and our superb Air Force are the beneficiaries of his exceptional leadership, his focus on improving quality of life for all airmen and their families, his innate sense of excellence, and his dedication to successfully transform us toward a fully expeditionary aerospace force.

His legacy is a bright and promising future for aerospace power and all airmen on the total Air Force team, including our active duty, Air National Guard, Reserve, retirees, veterans, and families.

It has been an incredible honor and a pleasure for me to

have had the opportunity to serve with Gen. Ryan. To me, he epitomizes the leader's ethic: my mission, my men, and only then, myself.

Gen. John P. Jumper, our new chief of staff of the Air Force, brings an impressive background and broad experience to the job of helping to lead our total Air Force team onward in this new century.

Like Gen. Ryan's, his ties to our service extend as far back as the Army Air Corps. His experience transcends both the Atlantic and Pacific oceans, with more than 1,400 combat hours in two Southeast Asia tours and two full assignments in Europe.

Having already proven himself a wise counsel and superlative leader at Air Combat Command, I am truly looking forward to serving with Gen. Jumper in the months and years ahead.

Our bright future awaits. Together with everyone else on our team, Gen. Jumper and I will work to pilot the journey that will take us there.

On behalf of the total Air Force team, I bid fond farewell with profound appreciation to Gen. Ryan, and congratulate and welcome Gen. Jumper, our 17th chief of staff of the Air Force.

(Courtesy of Air Force Print News)

Actionline 298-5351

timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a



Col. Rick Rosborg
47 FTW commander

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Hospital	298-6311
Housing	298-5904
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810
Military Equal Opportunity	298-5400
Equal Employment Opportunity	298-5879
FWA hotline	298-4170

Newsline

Laughlin mourns death

The 47th Flying Training Wing mourns the passing of Capt. Drew Kajans, a 96th Flying Training Squadron instructor pilot who flew with the 84th FTS. Capt. Kajans passed away Thursday at Wilford Hall Medical Center in San Antonio of causes yet to be determined. He is survived by his wife and two children.

At the request of family, Laughlin is planning a memorial service, date and time to be determined. As details become available, they will be disseminated to the base community.

Group discussions will be held for the 96th and 84th. Members may contact their squadron commanders for details. Individual counseling may be scheduled through Life Skills by calling 298-6422.

The men and women of Team XL send their deepest sympathy to the Kajans family.

Commissary lot sale set

The commissary will hold a case lot sale from 9 a.m. to 6 p.m. Saturday and from 10 a.m. to 5 p.m. Sunday.

For more information, call the commissary at 298-5875.

POW/MIA event set

Laughlin Air Force Base will celebrate POW/MIA Recognition Day Sept. 14. Two former Vietnam POWs will be available for a discussion session at 3 p.m. in the Operations Training Complex auditorium. A retreat ceremony will then be held at 5 p.m. in front of the wing headquarters building. The ceremony will include a Missing Man Formation performed by the 87th Flying Training Squadron. A former POW will be the guest speaker.

For more information, call Public Affairs at 298-5988.

Entertainers needed

The Laughlin Heritage Celebration Committee needs DJs and entertainers to perform musical, dance or comedy acts at the Laughlin Heritage Celebration Sept. 21. Interested groups should contact 1st Lt. Melissa Parent at 298-5053.

To attend this celebration, sign up with your first sergeant to attend. Children's games, live music and a buffet barbecue dinner will be available for \$5 for adults and \$1 for children.



Photo by Timothy J. Stein

To the rescue

Sean McKinney (left) and Joseph Hammons, Del Rio Border Patrol members, secure acting victim Staff Sgt. Julie Pritchard, 47th Aeromedical Dental Squadron medical readiness NCOIC, in a stretcher during the Emergency Medical Training Basic Course at the base picnic grounds Aug. 31. The 47th Medical Group provided the training to Border Patrol members so they will have the necessary skills to save lives in the field.

'Defender,' from page 1

and rewarding."

The Laughlin team competed in four events consisting of an obstacle course run, combat rifle competition, handgun competition and a Warrior Challenge that combined land navigation, combat patrolling and the use of small-unit tactics.

"You have to be a good shooter with the M-16 and M-9 in order to compete well," said Wallace. "You also have to be very knowledgeable in ground defense, leadership skills and be in good physical condition."

Col. Rick Eldard, AETC Security Forces director, expressed his enthusiasm for the event and the performance by security

forces squadrons throughout the command.

"It was an awesome week," he said. "I am impressed."

The 37th Security Forces Squadron from Lackland AFB and the 14th Security Forces Squadron from Columbus AFB, Miss., took first place in the large and small unit categories respectively at the competition.

Though the Laughlin team did not place in the competition, Wallace said the team showed a lot of promise and learned a great deal.

"Our team competed with the best the command had to offer and walked away with a reward of experience," he said.

Gen. Hal Hornburg, AETC commander, said he respects the teams who competed.

"You are all winners," he said at the awards ceremony. "Go home and be proud. I expect the best to go home and teach the rest."

Wallace said the Laughlin team wouldn't have been able to compete without the help and support of the wing and his unit.

"I would like to thank the men and women of the wing and the 47th Security Forces Squadron who toed the line in our absence," he said.

Col. Rick Rosborg, 47th Flying Training Wing commander, said the Laughlin Defender Challenge team represents what Laughlin members should strive to be.

"These guys are great airmen," he said. "They're great Americans."

After you read this newspaper, go to:
<http://www.af.mil/newspaper>

Mission complete: SUPT Class 01-14 graduates today

Compiled from staff reports

Student Undergraduate Pilot Training Class 01-14 graduates at 10 a.m. today in the Operations Training Complex auditorium.

The 52-week SUPT program prepares student pilots for the spectrum of Air

Force aircraft and flying missions. Primary training consists of 254.4 hours of ground training, 27.3 hours in the flight simulator and 89 flying hours.

After primary training, the future pilots are selected for advanced in-flight training in a specialized track.

The tracks include tanker, bomber and cargo

aircraft training in the T-1; fighter training in the T-38; turbo propeller aircraft training in the Navy's T-44; and helicopter training in the Army's UH-1. Advanced training lasts about 26 weeks.

Graduates of Class 01-14 have been assigned to duty stations throughout the world.



Capt. Brian Risley
Class leader
KC-135, Bangor, Maine (ANG)



2nd Lt. Yosef Morris
Assistant class leader
F-16C, Luke AFB, Ariz.



1st Lt. Kevan Barry
C-21, Ramstein AB, Germany



1st Lt. Nicole Flores
KC-135, Grand Forks AFB, N.D.



1st Lt. Matthew Ghormley
KC-135, McConnell AFB, Kan.



1st Lt. Stephen Gwinn
KC-10, McGuire AFB, N.J.



1st Lt. Koichi Tanaka
T-2, Japan



2nd Lt. John Beck
F-16, Washington, D.C. (ANG)



2nd Lt. Ronnie Carbognin
(Fighter) Italy



2nd Lt. Kevin Douglas
T-37, Laughlin AFB



2nd Lt. Kevin Ehresman
KC-135, Fairchild AFB, Wash.



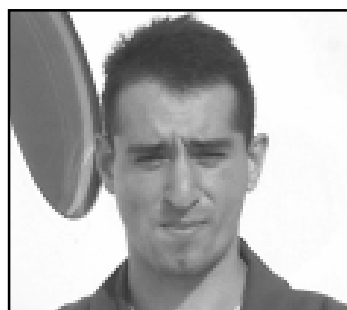
2nd Lt. Kenneth Engleson III
C-21, Scott AFB, Ill.



2nd Lt. Jason Garland
C-9, Ramstein AB, Germany



2nd Lt. Jeffrey Gates
C-5, Massachusetts (AFRES)



2nd Lt. Brian Hoffman
C-17, McChord AFB, Wash.



2nd Lt. Andy Ladd
T-37, Laughlin AFB



2nd Lt. Elia Pedrolli
(Fighter) Italy



2nd Lt. Guy Perrow
RC-135, Offutt AFB, Neb.



2nd Lt. Gavin Peterson
F-15C, Tyndall AFB, Fla.



2nd Lt. Delbert Rivera
KC-135, Fairchild AFB, Wash.



2nd Lt. Jay Thomas
F-16C, Luke AFB, Ariz.



Photo by Staff Sgt. Richard Freeland

An Air Force team from Vandenberg Air Force Base, Calif., successfully launched a rocket motor booster from the base Aug. 31. The purpose for the test was to verify booster and system performance.

Booster launch successful

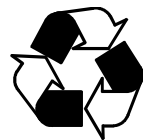
VANDENBERG AIR FORCE BASE, Calif. – An Air Force team here successfully launched a prototype rocket motor booster system Aug. 31. The booster is intended for future use with the Ballistic Missile Defense Organization's Ground-based Midcourse System.

The purpose of this test was to verify booster and system performance, officials said. There was no intercept attempt.

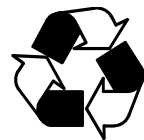
This launch was conducted by men and women from the 30th Space Wing, the Ground Based Interceptor Program Office and Det. 9 of the Space and Missile Systems Center.

The booster carried a mock exoatmospheric kill vehicle to simulate the mass and weight of an actual EKV to be used during future intercept tests. The first intercept test using the new booster configuration is planned for 2003.

(Courtesy of Air Force Space Command News Service)



**Please recycle this
newspaper.**



Chapel Schedule

Catholic

Sunday

- Mass, 9:30 a.m.
- Confession by appointment

- Little Rock Scripture Study, 11 a.m. in Chapel Fellowship Hall

Thursday

- Choir, 6 p.m.

Muslim

Dr. Mostafa Salama,
Call 768-9200

Jewish

Max Stool, call
775-4519

Protestant

Sunday

- General worship, 11 a.m.

Wednesday

- Women's Bible Study, 12:30-2:15 p.m. at chapel
- Choir, 7 p.m. at chapel

For more information on chapel events and services, call 298-5111.

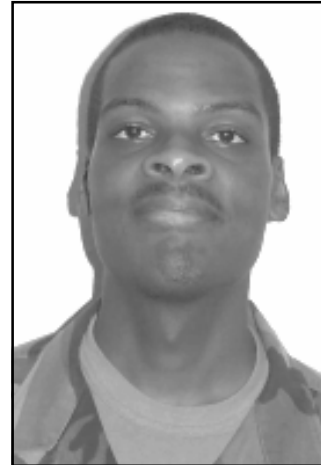


Whom will you remember on
POW/MIA Recognition Day?



2nd Lt. Mike Fulton
85th Flying Training
Squadron student pilot

"Col. John R. Lovell. I'll remember his name because it was on a POW bracelet I wore while I was in ROTC."



Senior Airman Kenneth Cooper
47th Operations
Support Squadron

"I'll remember all those who went missing in Vietnam and who are possibly being held there as prisoners to this day."



Airman Jeremy Svejcar
XL Fitness Center
fitness specialist

"Frederick D. Herrera. He was missing in action in Vietnam. My mother went to school with him. He was never found."

The *XL*er



Photo by Airman 1st Class Brad Pettit

Tech. Sgt. Rick Horn
XL Fitness Center athletic director

Hometown: Camano Island, Wash.

Family: Single

Time at Laughlin: 3 1/2 years

Time in service: 14 years

Name one way to improve life at Laughlin: Expand the AAFES and commissary services to meet the needs of Laughlin

Greatest accomplishment: Signing my first professional soccer contract

Hobbies: Fishing, golf and playing sports

Bad habit: Procrastinating

Favorite food: Italian

Favorite beverage: Coca Cola

If you could spend one hour with any person, who would it be and why? My grandmother. She was a true inspiration while I was growing up. She always smiled and had something nice to say to everyone.

Base instructor pilot is combat proven

By Airman Timothy J. Stein
Staff writer

Combat is the harsh reality of military life, and military members may be called to fight at any time.

In this event, one can only hope to have been adequately trained for whatever conflict awaits. Those with combat experience can also help by relating their experiences.

Capt. Chad Franks, 84th Flying Training Squadron flight commander, knows what combat is like all too well. In March of 1999 he put his training to the test during the Kosovo conflict and came out of it with the Silver Star, the third highest military award designated solely for heroism in combat.

"[When you are in a combat situation] you are not thinking of anything except what you are doing at the time," said Franks. "You are too busy running the mission to think about anything else."

Franks, an MH-60 helicopter pilot with eight years in service at the time, was part of a three-helicopter team dispatched on a search-and-rescue mission to find the pilot of a

downed F-117 stealth fighter.

"There was a lot of confusion [during the mission]," said Franks. "No one was expecting a stealth fighter to go down."

"It was a real crappy night out," said Franks, referring to the weather, which made it hard to find the downed pilot or to see the enemy trying to shoot him down.

Many problems arose. They had to fly so low they had radio problems. A malfunctioning fuel gauge left Franks wondering how much fuel he had left. The downed pilot had problems with his signaling device and was forced to direct the rescuers toward him using radio. All this was going on while under constant threat from the enemy.

Training is what made the difference, from his crew to the pilot on the ground, said Franks.

"[The pilot] really knew what he was doing," said Franks. "He was waiting for us behind a tree. The pararescue men jumped out and grabbed him. We put him in the back of the helicopter and took off. We were on the ground for no more than 30 seconds."

They were just in time.

"On the way out, you are just thinking about getting the hell out of there as fast as you can."

Capt. Chad Franks
84th Flying Training Squadron
flight commander

"[The enemy was] really close to capturing him," he said. "On the inbound, we could see trucks along the road right around where he was, with troops dismounting."

All Franks and his crew had to do now was get out of the enemy-infested area safely.

"We got some barrage fire on the way out," he said. "They knew we were in the area, and they were looking to shoot us down. We were being spotlighted. We were always a little ahead of them, however."

Flying out, Frank said, was a different experience than flying in.

"On the way out you are just thinking about getting the hell out of there as fast as you can."

When you get back is when you have time to think about what happened, said Franks.

"Your adrenaline is pumping ...

when you get back," said Franks, a husband and father of two boys.

"They tell you to get some sleep, but you can't sleep. That's when you start thinking things could have gone worse. You think about things like your family, your kids, and about what would have happened if things wouldn't have worked out the way it did."

It all comes down to training, said Franks, which is one of the reasons he decided to become an instructor pilot.

"I wanted to come back and be someone who could spread the word and speak intelligently about what we do, what missions we have out there," said Franks. "So if we have any students interested [in helicopters] they have someone to talk to in order to get the real story instead of someone who has never done it before."

Playground can be danger ground

Report finds increase in deaths on home playgrounds

WASHINGTON, D.C. — A new report shows that over a 10-year period, more child deaths occurred on backyard playgrounds than on public playgrounds.

From 1990 to August 2000, the Consumer Product Safety Commission has reports of nearly 150 deaths of children under 15 years old involving playground equipment; at least 90 of these occurred in a home setting. Almost three-fourths of the deaths in home locations resulted from hangings from ropes, cords, homemade rope swings and other similar items.

New safety standards, aimed at reducing the risk of strangulation, require that ropes be secured at both ends and that makers of home equipment warn against attaching additional ropes.

Playground equipment is also a leading cause of injuries to children. In 1999 alone, it is estimated that there were more than 200,000 playground-equipment injuries, with almost 47,000 injuries on home playgrounds to children under age 15. The proportion of pre-school children (younger than age 5) injured on playground equipment was higher on home playgrounds than on

playgrounds in general. Almost 40 percent of those injured at home were younger than five years, as compared with about 27 percent on other playgrounds.

"Years of advocacy for safe public playgrounds have helped raise standards for those play spaces with the intention to lower injuries to children," said Darell Hammond, co-founder and CEO of KaBOOM!, a non-profit organization based in Washington, D.C. "Now, it's time to use our experience, and print and Internet resources, to make families aware of the dangers too often posed by home playsets."

Parents are encouraged to install and maintain protective surfacing, eliminate unsafe ropes and check for potentially hazardous hooks and edges on swings and slides on home playgrounds.

One study found that only nine percent of home playgrounds had protective, shock-absorbing surfacing. Dirt and grass, which are the most prevalent surfaces under home playground equipment, do not adequately protect children from serious head injuries.

To help prevent injuries from falls and other hazards on home playgrounds, the



Photo by Tech. Sgt. Reginal Woodruff

Dario Jones, 3, son of Stephanie and Staff Sgt. Charles Jones, 47th Flying Training Wing command section information manager, has fun on a playground slide next to his base home Wednesday.

following safety tips are recommended:

- Install and maintain at least nine inches of wood chips, mulch, or shredded rubber for play equipment up to seven feet high. If sand or pea gravel is used, install at least a nine-inch layer for play equipment up to five feet high.
- Install protective surfacing at least six feet in all directions from play equipment.
- Never attach ropes,

clotheslines, or pet leashes to the equipment. This can present a serious strangulation hazard to children.

- Smooth sharp points or edges, and cover open "S" hooks or protruding bolts.
- Always supervise young children to make sure they are safe.

CPSC, in partnership with KaBOOM!, is issuing a "Home Playground Safety Checklist," to educate parents about creating safe

home playgrounds for their kids. To order a free copy of the checklist, call the Federal Consumer Information Center toll-free at (888) 878-3256 and ask for item 627H, or go to the FCIC Web site at www.pueblo.gsa.gov. Consumers also can order the checklist by sending name and address to FCIC, Dept. 627H, Pueblo, Colo., 81009.

(Courtesy of Consumer Product Safety Commission)

Sports – Play it Safe



Photo by Airman 1st Class Annie McCormick

Tech. Sgt. John Berardi instructs fitness specialists from Misawa Air Base, Japan, on the proper use of weightlifting equipment.

Fitness training becomes mobile

MISAWA AIR BASE, Japan – Fitness center specialists at Misawa Air Base, Japan, recently benefited from a mobile technical training course called Fitness Fundamentals.

Tech. Sgt. John Berardi, a fitness fundamentals instructor for the Services Academy at Lackland Air Force Base, said it is a cost-effective method of training.

“This course is required within six months of a person being assigned to a fitness center,” Berardi said. “The savings of bringing a mobile technical training course to a base versus sending several people (on temporary duty) – and having to pay airline costs, lodging and per diem for two weeks – is significant.”

Lackland’s Services Academy teaches nearly 20 Fitness Fundamentals courses annually. A team of four instructors rotates to teach at bases worldwide.

The field course is identical to the one taught at Lackland. It has 10 days of sports and fitness training including instruction on body anatomy and physiology, kinesiology (the study of muscle movement) and wellness.

The course’s objective: certifying fitness specialists in every aspect of helping people with sports programs, fitness assessments and profiles, proper and safe equipment usage, and quality customer service.

“The fitness specialists now have the tools and the knowledge to confidently give correct, accurate and safe information to our customers,” said Tech. Sgt. Eric Harrison, noncommissioned officer in charge of plans and programs of Misawa’s Potter Fitness Center.

Unlike private fitness trainers who charge for such services, Air Force fitness specialists do it for free.

(Courtesy of Air Force Print News)